SEPTEMBER 2015

MIDDLETOWN









Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

1 61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

Autumn Candle Mason Jar Craft September 8th 10am

Create a beautiful fall decoration to keep or gift! \$4 and pre-registration is required for this craft led by Heidi.



End of Summer Jukebox Bash September 23rd 5:30-8pm



This fun night event features a summer cookout with grilled chicken, rice, fruit, and dessert. Get the party started by picking out your favorite tunes on the jukebox and participate

in a variety of games. \$7 please pre-register.



Memory Enhancement Techniques Workshop September 29th at 1:30pm

This workshop will include simple, easy for all to learn memory techniques for remembering numbers, information, grocery lists, recipes, etc. A variety of techniques like mnemonics, the Pea system, the Journey system, the Linked method. memory by association will be used. This workshop is very interactive. Please plan to spend 2 full hours. \$1 and pre-registration is required.



Pancake Breakfast September 16th at 9:30am

Pancake and sausage breakfast. \$2 to participate. Pre-registration is required. No walk-ins.

Meteorologist Mark Dixon September 2nd 9:30am

We are thrilled to have Mark speak on Wednesday, September 2nd at 9:30am. Mark can be seen Monday to Friday on Channel 3 Eyewitness News at Noon and at 5:30pm. He has been part of the Channel 3 team since July 2003. Mark has been nominated for multiple Emmy Awards for



weather anchoring and has also been the recipient of many awards. Continental breakfast will be served for Mark's presentation. You won't want to miss this!!

Guided Meditation Session September 11th at 11am



Join Elizabeth Lupacchino, CHt, RMP for this guided group medi-

tation session. As a hypnotherapist, Elizabeth works closely with Middlesex Hospital and sees patients privately and in a group session. She is also a co-author of the book "Food for the Soul. Daily Meditations for a Month of Transformation." No pre-registration is required for this free session. Based on interest, Elizabeth may be hosting a future program here.

Cupcake Social with Live Caricatures September 17th 2pm-4pm

This fun event features a sweet treat of cupcakes, music, and live caricatures by Anthony Devito. \$1 to participate and pre-registration is required. Not all participants will get a caricature.



September Birthday Party September 21st at 2:30pm

Celebrating all September Birthdays! This program is generously sponsored by Water's Edge Center for Health & Rehabilitation. All are welcome.

Early Bird Dinner: Pork Roast September 24th at 3pm

This month's afternoon dinner is pork roast, mashed potato, and beans. Dessert TBD \$5 and pre-registration is required. Please sign-up early so you don't miss out!

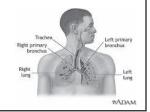


Fall Decoupage Project September 15th at 1:00pm

This fun seasonal craft is brought to us by Autumn Lake Healthcare at Cromwell. Free but please pre-register.

Health Seminar—Pneumonia September 25th at 10:30am

FREE seminar regarding Pneumonia given by Janet Leonardi. RN.



No pre-registration needed.

Make Your Own Trail Mix September 18th at 10am

Choose from a variety of ingredients and make your own trail mix. This great snack can be individually packaged and used all week. \$3 to participate and preregistration is a must!

Sing-Alongs Led by Barbara Arafeh

Join Barbara for a fun sing-along on September 15th from 12:30-1:30pm.

No pre-registration required. Come socialize, sing and have fun! Sing-Alongs are the third Tuesday of every month. Dates: 9/15,10/20, 11/17,12/15

Baking Scones September 22nd at 2pm

Interactive baking class where you take home what you make! \$2 and pre-registration is required.



Pizza & A Movie September 14th at 1:30pm

This month's movie is "The Secret Life of Walter Mitty" starring Ben Stiller. When his job along with that of his co-worker are threatened. Walter takes action in the real word embarking on a global journey that turns into an adventure more extraordinary than anything he could



have ever imagined. Pizza is included in this event. \$2 and pre-registration is required.

Game Shows—September 10th at 2pm

Exciting and interactive live game show afternoon. Join us for games such as: Jeopardy and Wheel of Fortune. Be a spectator or take a chance at being a contestant! Free no pre-registration required.

Musical Entertainment Jim Harkins September 9th at 12:30pm

Jim's guitar style combines bass and chords for lively, rhythmical arrangements; augmented by the addition or a looper pedal, rhythm box, and vocal harmonizer—all integrated for a truly live and en-



joyable performance. His favorites are from the Golden Age (1920-1950's) and can include contemporary hits from the 60's to the present. Audience participation is encouraged! No preregistration is needed for this event.

Coffee with Ann September 23rd at 11am

This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome. Coffee and light refreshments will be served.



Senior Services Division Contact Information

Main Number: (860) 638-4540 Fax Number: (860) 343-5427

Senior Services E-mail: Seniors@MiddletownCT.gov www.middletownct.gov/seniors **Senior Services Website: Acting Director:** Debbie Stanley (860) 638-4501 **Senior Services Manager:** Ann Gregg (860) 638-4548 **Senior Services Coordinator:** Heidi Geores (860) 638-4541 Laura Runte (860) 638-4542 **Senior Services Specialist:** Laura Runte (860) 638-4542 Municipal Agent / ADA **Compliance Officer:** (860) 638-4540

Program Aide/Custodian: John Marion

Night Custodian: Billy Martinez (860) 638-4540

Bus Driver: Mike Rogalsky (860) 638-4540

Café Manager/Reserve Lunch: CW Resources (860) 558-5285

(Brian)

Volunteer Club Meeting September 21st at 10:30am

Come and find out how you can get involved!

Recurring Programs/Services

 $(F) = Free \quad (\$) = Cost Associated$

Arthritis Exercise—Thursdays at 12:30pm (F)

Billiards—Anytime (F)

Bingo—Wednesdays & Fridays at 1pm (\$)

Bocce—Anytime / Lessons Fridays at 9am (F)

Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)

Book Club—Last Monday of the month at 2:30pm (\$ for book only)

Cable TV—Anytime (F)

Card Games—Anytime & Thursdays at 12:30pm (F)

Ceramics—Mondays & Wednesdays at 12:30pm (\$)

Computers—Laptops are available for use anytime (F)

Dancing for Joy—Mondays at 1:30pm (F)

Dominoes—Anytime & Mondays at 12:30pm (F)

Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)

Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)

Gardening—Thursdays at 9am (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F)

Knitting—Thursdays at 1pm (F)

Lending Library—Anytime (F)

Line Dancing—Thursdays at 2pm (F)

Mahjong—Thursdays 9am-12pm (F)

Massage Therapy- 1st & 3rd Monday 9am-2:30pm (\$)

Middletuners Chorus Practice—Wednesdays at 3pm (F)

Movies—Tuesdays at 12:30pm (F)

Oil Painting—Tuesdays at 1pm (F)

Ping Pong—Check Calendar in this newsletter (F)

Reflexology—By appointment (\$)

Reiki—First Thursday or the month (\$)

Tai Chi—Mondays at 10:30am (\$)

Therapeutic Exercise—Tuesdays at 11am (F)

Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to our August winner, Straty Coutsouridis. Enter for a chance to win a free lunch, compliments of CW Resources.

July's Brain Teaser Winners

Nancy Clayton, *Anamarie Cook, Edward Cook, Gerard Cyr, Joan Fazzino, Robert Hickcox, Annabelle Malone, Mark Radziwon, Joan Russo, *Carol Sander, Chuck Stanley, Carol Van Lieu & Rosemarie Vecchitto

Congratulations to all of our winners. Please stop by the Center to pick up the September Brain Teaser.

Senior & Community Ctr Guided Tours

If you haven't been to our center yet and would like a guided tour. We will be offering tours on September 21st 10am & September 30th 3pm.

Lunch Served Daily



Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal.

Please call Brian, our café manager at 860-558-5285 for a reservation.

Lunch menus available at the Center, on our website or can be e-mailed by request.

Transportation (860) 347-3313

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation o the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed. Without a reservation......

The only set schedule operating is: Traveling to the Senior & Community Center (Pick-ups):

South Green	Sbona Towers	ОМН	Rivers Edge	Senior Center
11:20	11:25	11:30	11:35	11:45

Departing from the Senior & Community

Center:

Mon	Tues	Wed	Thurs	Fri
1pm	1pm	1 & 2:30pm	1pm	1 & 2:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 Bus Trip: Mohegan Sun Casino 9:30 Bunco 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:00 Lunch 12:30-4 Ping Pong Available 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate Oil Painting 2:00 Cooking Matters	9:00-9:45 Exercise 9:30 Mark Dixon Channel 3 meteorol- ogy presentation 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available 1:30 AARP Board meeting	9:00-12:00 Mahjong 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Arthritis Exercise 12:30 Arthritis 1:00 Knitting 2:00 Line Dancing	9:00 Bocce 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available
CLOSED LABOR DAY	9:00-3:00 Massage Therapy 9:30 Bunco 9:30 Bunco 9:30 Zumba (DVD) 10:00 Craft with Heidi 11:00 Bus Trip: Trader Joe's & Wood -n-Tap 11-12 Therapeutic Fitness 12:00 Lunch 12:30-4 Ping Pong Available 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate Oil Painting 2:00 Cooking Matters	99:00-9:45 Exercise 9:00-2:30 Foot Care 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 12:30 Jim Harkins Musical Entertain- ment 1:00 Bingo 1:00-4:00 Ping Pong Available 1:30—AARP Mem- bership Meeting	9:00 Reiki 9:00-12:00 Mahjong 10:00—Bus Trip: Yan- kee Candle & Golden Corral Rest 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing	9:00 Bocce 9:30 Zumba (DVD) 9:30 October Bus Trip Sign-ups 11:00 Guided Meditation with Elizabeth Lupacchino 12:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available
9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30 Pizza & A Movie 1:30-2:45 Dancing for Joy	9:00 Bus Trip: Newport RI: The Breakers & Atlantic Beach Club Rest. 9:30 Bunco 9:30 Zumba (DVD) 11-12 Therapeutic Fitness 12:30 Sing-Along led by Barbara Arafeh 12:30-4 Ping Pong Available	9:00-9:45 Exercise 9:00-2:30 Foot Care 9:30 Pancake Break- fast 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available	9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 2:00 Line Dancing and Caricatures	9:00 Bocce 9:30 Zumba (DVD) 10:00 Make Your Own Trail Mix 10:-00-12:00 Senior Haircuts 11:00 Meditation (DVD) 12:00 Lunch 1:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available

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	1:00 Intermediate Oil Painting 1:00 Craft sponsored by Autumn Lake Healthcare at Crom- well			
9:00 Exercise 9:00 Exercise 9:00-3:00 Massage 10:00 Bunc 10:00 Guided Tours 10:00 Guided Tours 10:30 Volunteer 10:30 Volunteer 10:30 Ceramics 12:30 Ceramics 12:30-3:00 Dominoes 12:30-3:00 Dominoes 12:30 September 13:30 Sep	unco umba (DVD) Bus Trip: Mys- aport Guided Therapeutic Fit- Lunch 4 Ping Pong ble 1:45 Blood Pres- linic aking Scones	23 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 11:00 Coffee w Ann 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available 5:30 End of Summer Jukebox Bash	24 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 3:00 Pork Roast Din- ner	9:00 Bocce 10:30 Health Seminar Pneumonia 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00-4:00 Ping Pong Available
100	9:30 Bunco 9:30 Bus Trip: Big E Fair 9:30 Zumba (DVD) 11-12 Therapeutic Fit- ness 12:00 Lunch 12:30-4 Ping Pong Available 12:45—1:45 Blood Pressure Clinic 1:30 Memory Enhancement	30 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Camics 1:00 Bingo 1:00-4:00 Ping Pong Available 3:00 Guided Tours	If you have any sug programs, entertai please let us knov	If you have any suggestions for future programs, entertainment or bus trips, please let us know at the front desk.

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Bus Trips

September

1st— Mohegan Sun Casino (9-3) \$4

8th— Wood-n-tap & Trader Joe's (11-3) \$4

10th—Yankee Candle Village (10-3) \$5

15th—Newport, RI "The Breakers" (9-4)

\$15

22nd—Mystic Seaport Guided Tour (10-3)

\$20

29th— The Big E (9:30-3)\$15

PLEASE SEE THE NEW BUS POLICY IN

THE BOX BELOW.

October

6th— Foxwoods Casino (9-3:30) \$4

13th— East Side Restaurant (12:30-3) \$3

20th—Southwick Zoo (9-2 *Leave zoo at 2)

Lunch on your own \$12 fee is for bus and zoo admission

27th—Blue Back Square (10:30-2:30)\$3

29th—Lyman Orchard Store & Time Out

Tavern (10:30-2)\$3

Bus Sign-ups for the October trips is September 11th at 9:30am. Sign-ups are done by a lottery.

Have you received your membership card? If not, please stop by the front desk.

Changes to Bus Trip Policy

At the September bus lottery, there will be a change to the bus trip policy. Only Middletown residents with an existing membership card or a Middletown taxpayer with an existing membership card will be permitted to participate in the bus trip lottery for October trips. The day after the lottery. October bus trips will become open to all members.

Special Trip— "An Opening In Time" Hartford Stage—September

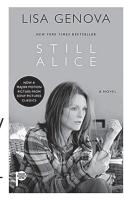
World Premiere by the author of *Dying City*. Anne, a retired schoolteacher, moves back to the suburban town in central Connecticut which she left years before. She finds a number of things have changed. Dunkin' Donuts franchises are everywhere; the local high school is putting on a production of Rent; and a long-lost friendship suddenly reappears in a new guise. A subtle and

moving play about finding connections in a shifting world.

At the time this newsletter was printed, we did not have the tickets confirmed. If you are interested in this trip, please stop by or call the front desk at 860-638-4540

September Book Club Meeting September 28th 2:30pm

This month, we are reading "Still Alice" by Lisa Genova. This New York Times bestselling novel is about an accomplished professor diagnosed with Alzheimer's disease who learns her worth is comprised of more than her ability to remember. You can join in at any time! Books are available for purchase for \$3 in the Senior Services Office. The book club will



meet to discuss the book on Monday, September 28th at 2:30pm.



Have you tried out our line dancing class? This fun free class is run Thursdays at 2pm with instructor Jim Gregory. No experience needed and you can join in at any time.

Live with Laura Talk Show

Special thanks to our August guests: Frank Greco, Nella Bruni, and Antoinette Clayton. Thanks to Billy Martinez, the full video is available for viewing at https://youtu.be/BzB8SuJKYDA

We are looking for guests for our October show. Please contact Laura if you are interested in being considered. 860-638-4542

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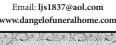
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Civitan Bingo is Back! September 29th at 6:30pm

Here are the upcoming dates/times:

October 27th— November 24th— December 29th— January 26th— February 23rd— March 29th— April 26th— May 31st— June 28th

Save the date!



Fall Craft Fair October 22nd

Halloween Dance October 28th



Farmer's Market Vouchers

We received the farmer's market vouchers in July. The voucher program consists of an \$18 booklet of checks for use at approved Farmer's Markets.

We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income (no more than \$21,775 for single or \$29,471 for couple). Only 1 booklet may be issued per year.

Ping Pong



The ping pong table will be setup and ready for use on the 2nd floor in the multi-purpose room. First come first serve on these dates/times:

- 1pm-4pm on September 2nd, 4th, 9th, 11th, 16th, 18th, 23rd, 25th
- 12:30pm-4pm on September 1st, 8th, 15th, 22nd, 29th